

Meal Magic

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This is your suggested menu for March. Please choose a total of 30 meals. You may change vegetables or potatoes to suit your preferences.

APRIL

Choose: Regular Salt/ Low Salt / No Salt /Extra Soft

- 3 or 6 Chicken Parmigiano (*boneless breast lightly breaded, with mozzarella, and ladle of spaghetti sauce*) OR Without Cheese Fettuccine Alfredo (*these are noodles with white Alfredo Sauce*)
Peas: Frozen OR Canned
- 3 or 6 Chicken Breast Strips With OR Without Gravy
Mashed Potatoes
Corn: Frozen OR Canned OR Creamed
- 3 or 6 Crab Cake
Broccoli Cheese Stuffed Baked Potato
- 3 or 6 French Toast
Bacon
Blueberries & Strawberries OR Strawberries
- 3 or 6 Vegetable Beef Soup
Ham and Cheddar on Whole Wheat
- 3 or 6 Shredded Pork Burrito (*refried beans, cheddar, salsa on the side*)
Mexican Rice (*black beans, corn, cilantro, green chilis, tomato*)
- 3 or 6 Macaroni and Cheese
Ground Beef and Cabbage Stew (*lean ground beef, cabbage, celery, carrots, onion, chili beans, tomatoes – no omissions*)
- 3 or 6 Cheeseburger Pie
Tater Tots OR Baked Beans
Green Beans: Canned OR Frozen